



East County Seniors

January 2007

Tuesdays and Fridays

9:30 am - 2:00 pm

3310 Gateshead Manor Way, Silver Spring, Maryland Tel: 301-572-7004

Program Director: Lillian Wolf; Nutrition Site Manager: Karen Smith



The East County Neighborhood Senior Program meets at East County Community Center on Tuesdays and Fridays. Limited transportation is available to and from the center. Call Lillian Wolf on Tuesdays or Fridays for information or to sign up. This free program offers a multitude of social, educational and recreational opportunities for those 55 and older. Visitors are welcome. Come join us, bring your interests and talents to share with the community. See the weekly schedule for information on senior exercise opportunities, ceramics workshops, senior information and assistance from Health and Human Services and the optional Nutritious Lunch Program.

Happy New Year to All!

January

Tuesday January 2

11:00-12:00 noon

Bone Builders Program

This great program continues in 2007

1:00-2:00 pm

Games Afternoon

Try a new game or continue playing any game your group enjoys!

Friday January 5

10:30-11:00 am

Blood Pressure Screening (Please bring your records.)

10:00-11:00 pm

Bone Builders Program

11:00-12:00 noon

Arts for the Aging

1:00-2:00 pm

Brain Strain

exercises for the mind

Tuesday January 9

11:00-12:00 noon

Bone Builder Osteoporosis Program

If you can do any of these exercises at home without the weights, it would be an added bonus for your bones.

1:00-2:00 pm

Bingo Afternoon

Get ready for fun and prizes!

Friday January 12

11:00-12:00 noon

Bone Builders Program

1:00-2:00 pm

The Maya-Temples, Tombs and Time

A Video presentation that explores the world of the Maya.

Tuesday January 16

11:00 –1 2:00 noon

Bone Builders Program

1:00-2:00 pm

“The 7 Pillars of Health”

Dr Rifkin presents a Healthy for Life seminar.

Friday January 19

11:00-12:00 noon

Bone Builders Program

1:00-2:00 pm

A Musical Treat for a Winter’s Afternoon with Joe Doyle
Everyone is welcome!

Tuesday January 23

11:00-12:00 noon

Bone Builders Program

1:00-2:00 pm

Movie Day “Door to Door” Part 1

When drama is truly compelling, moments stay with you. William H Macy stars in this poignant tale of individual Triumph!

Friday, January 26

11:00-12:00 noon

Bone Builders Program

1:00 -2:00 pm

Movie “Door to Door” Continues Part 2

Tuesday, January 30

11:00-12:00 noon

Bone Builders Program

1:00-2:00 pm

Birthday Celebrations

Best Wishes to our January Folks: Martha Presbury had her birthday January 2nd, Hermant Shukla had a birthday January 3, our friend Dick Midgett had a birthday January 12th, and Marshal Wilson had his day January 28th. Treats for all!

Weekly Schedule

Mondays

10:30 – 11:15 am

Senior Fit and Flexibility Exercise Program

Designed especially for seniors, this 45-minute exercise class focuses on increasing strength and muscular endurance for activities of daily living and improving flexibility for greater

mobility. The program includes periodic fitness assessments and health education. Holy Cross Hospital and Kaiser Permanente sponsor this program in cooperation with Montgomery County Department of Recreation. Permission from your healthcare provider is required before beginning this course. For further information and to register, call 301-754-7160.

Tuesdays

9:30 – 10:00 am

Exercise Walking

Walk in the gym for fun and fitness.

10:00 – 12:00 noon

Senior Information and Assistance

Jennifer Long from the Montgomery County Department of Health and Human Services Client Assistance Program comes to help with questions about senior programs and services on select Tuesdays and Fridays. Call 240-777-3000 for an appointment.

10:00 am – 2:00 pm

Ceramics Workshop

Let instructor, Freeman Outlaw, help you enjoy creating beautiful ceramic pieces. There is a charge for greenware and glaze, but the instruction is free. A firing fee, ranging from \$0.50 to \$1.50 each time a piece is fired must be paid before your piece is placed in the kiln.

10:30 – 11:00 am

Chair Exercises

Participate in light stretching to give you improved range of motion and provide healthier circulation.

11:00 – 12:00 noon

Activity – Check the calendar to see what's planned

12:00 – 12:45 pm

Lunch – Bring your own or purchase a Nutrition Lunch (see details on next page)

12:45 – 2:00 pm

Program – Varied and enjoyable (Check the calendar)

Wednesdays

10:30 – 11:15 am

Senior Fit & Flexibility Exercise Program (see previous page, Monday schedule for description)

Fridays

10:00 – 10:45 am

Senior Fit & Flexibility Exercise Program 9:30 – 10:00 am

10:00 – 12:00 noon

Blood Pressure Screening – the first Tuesday of every month (*sponsored by Holy Cross Hospital*)

10:30 – 11:00 am

Chair Exercises

11:00 – 12:00 pm

Activity – Check the calendar to see what's planned.

12:45 – 2:00 pm

Program – Varied and enjoyable (*Check the calendar*)

Saturdays

10:00 – 12:00 pm

Wheelchair Basketball – contact person – NRH
Ambassadors Pat Tucker – 301-946-5084(H) 202-273-5462(W)

Nutrition Lunch Available

The Montgomery County Nutrition Lunch is served at 12:00 noon on Fridays and Fridays. The full cost of the meal is \$4.82. For persons aged 60 or older and spouses of any age, a voluntary contribution is requested. Contributions are used to purchase meals, so please contribute to the fullest extent possible. Guests under age 60 must pay the full cost.

Transportation Available

Curb-to-Curb transportation is available on Tuesdays and Fridays through Para-transit. New people are welcome to call to see if they live within the travel district.

Reservations for both the Nutrition Lunch Program and Transportation should be made the week before, by speaking with Lillian Wolf or Karen Smith at the center on Tuesdays and Fridays. Cancellations should be made no later than the day before.

Financial Assistance is available for low-income residents. Call the Senior Programs Office at 301-468-4540 for information.

Seniors with disabilities are encouraged to participate in senior programs.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 301-468-4540/TTY 240-777-6974.

Inclement Weather Policy

When Montgomery County Public Schools (MCPS) are **closed**, all senior classes and programs including lunch and transportation are **CANCELLED**.

If MCPS have a **delayed opening**, all programs scheduled to begin at or after **10:00 am** will be held as usual. If MCPS closes early, all evening classes and programs are cancelled.

During inclement weather, please listen to your radio for possible school closings or delayed openings. If schools have a scheduled holiday and are closed that day, the Recreation Department will make announcements regarding its activities.

Resources for Seniors

Senior Vital Living

Supporting the independence of seniors

Your guide to senior employment, volunteer and life long learning opportunities can be found at www.montgomerycountymd.gov. click on Residents, click on Aging Services and scroll down to Senior Vital Living Montgomery.